I normally eat spagitti, hotchocolate, water, eggs, chicken, pork, beef, egg noodles, cheeze, lettuce, tomatoes, cellery, bread, Apples, muffins. Flour, Butter, sugar, coco,

Grain we can get from saskatchawan.  
Meat we get from live stocks near the pas.  
dairy we also get from the live stock through poduction.  
water is acsessalbe every where we go  
Vegtables are mostly store bought but can be home grown.